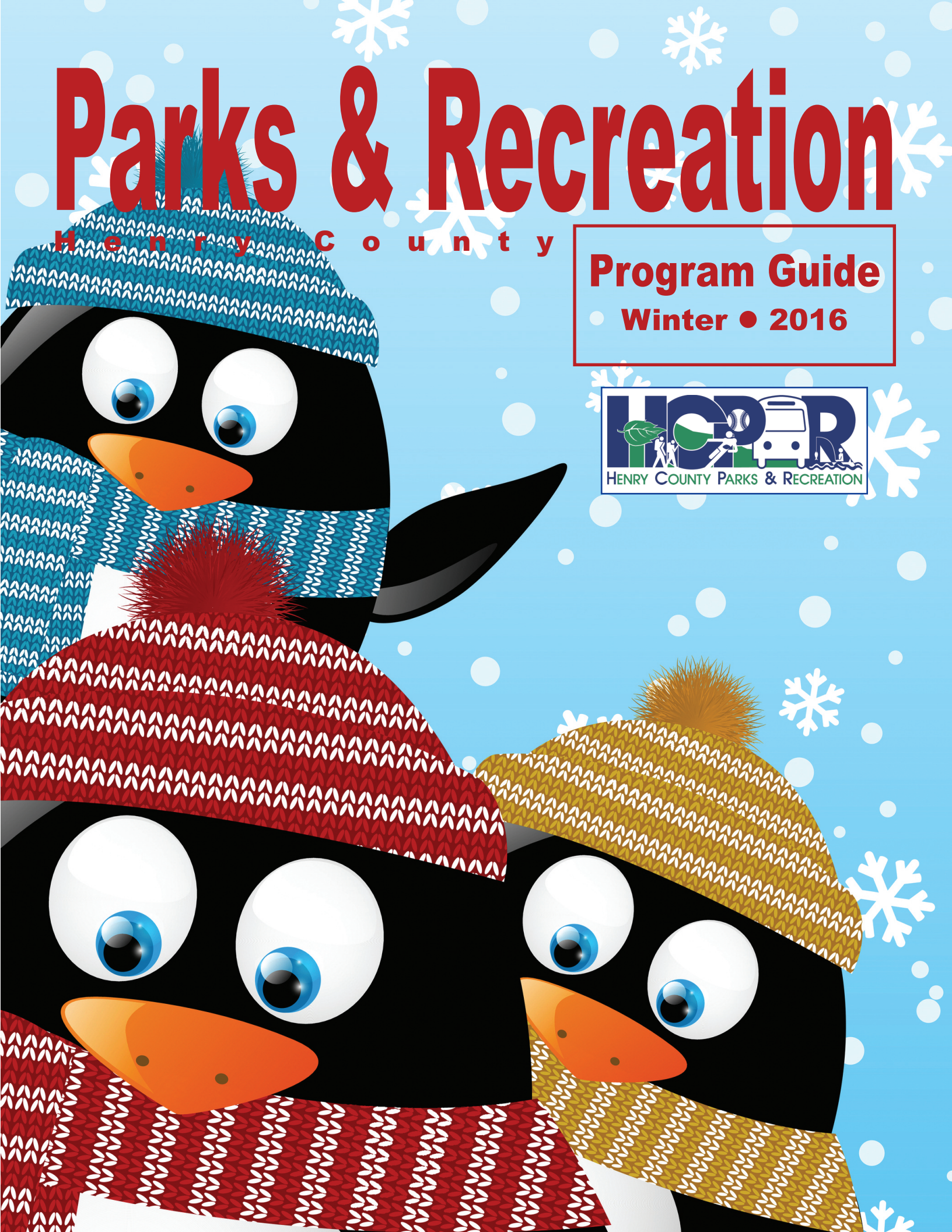


Parks & Recreation

Henry County

Program Guide

Winter • 2016



A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

Winter is a great time to get out and explore parks and trails and you will see aspects of nature that can only be seen in the winter. There are 27 park facilities in our community for you to enjoy. This program guide has lots of activities for youth, adults, families and seniors to enjoy through early spring.

The Philpott Marina Group Campground is open and available for your enjoyment. The campground has 10 camping spaces each with water, sewer and electric connections. There is also a new bathhouse/restroom facility and picnic shelter at the campground for your use. This is the only group campground on Philpott Lake and is located in a private spot overlooking Philpott Marina. The nightly fee is \$150 for the entire campground and reservations can be made up to six months in advance for reservations less than five nights and up to a year in advance for reservations of five nights or more.

Thank you for your interest in Henry County Parks & Recreation, and have fun!

Sincerely,
Roger Adams, CPRP

OFFICE INFORMATION

Henry County Parks & Recreation Office Information

Henry County Parks & Recreation is a member of the Virginia Recreation and Park Society (VRPS) and the National Recreation and Park Association (NRPA).
Henry County Parks and Recreation may be contacted, Monday - Friday 8:00am - 5:00pm at:

PO Box 7 • Collinsville, VA 24078

Phone: 276.634.4640 • Fax: 276.634.4637 • email: radams@co.henry.va.us

HENRY COUNTY PARKS & RECREATION STAFF

Roger Adams, CPRP
Director

Melissa Puckett
Senior Services Coordinator

William Flippen, CPSI
Parks Maintenance Supervisor

Eric Martin
Parks Maintenance Staff

Gary Rea
Parks Maintenance Staff

Daniel Reynolds
Recreation Programmer

Renee Wood
Office Manager

Chad Turner
Parks Maintenance Staff

Benny Luther
Parks Maintenance Staff

Officiating Opportunities

Henry County Parks and Recreation is seeking individuals to work as officials in our Youth and Adult Sports Programs. Sports include Baseball, Softball, Flag Football, Tackle Football, Basketball and Volleyball.

The pay and hours vary with each sport. Contact our office for additional information.

FITNESS & SPORT

YOUTH WRESTLING

Henry County Parks and Recreation is teaming up with local high school coaches to form a Wrestling Club for those interested in working on their wrestling skills. Looking for a physical sport that is not so violent and work on your footwork and overall athletic conditioning? Wrestling could be what you are looking for. Call Henry County Parks and Recreation at 634.4640 to learn more.

Time/Days: Club starts in March
Location: Bassett High School

YOUTH BOWLING

Looking for something to do when the weather cools off? Bring a youth bowler under the age of 18 to Sportlanes and bowl 30 games. The youth bowler will receive 30 more games FREE. All you need to do is register with Henry County Parks and Recreation where you will receive a punch ticket. You will need to take the ticket to the bowling alley and let them verify how many games you bowled.

Time/Days: January 1st - April 30th • Anytime
Location: Sportlanes
Cost: Pay regular price and receive FREE bowling

YOUTH LACROSSE

Interested in learning the sport of lacrosse? The Southside Lacrosse Club is looking for boys ages 9-15 who are interested in playing lacrosse. Henry County Parks & Recreation is partnering with the Smith River Sports Complex to offer this program and the registration deadline is January 29th. We will have onsite sign-ups at the Smith River Sports Complex Meeting Room on Thursday, Jan. 14th & Monday, Jan. 18th from 6:00-7:30pm. We will also accept mail-in registrations. You can download the registration form at www.smithriversports-complex.com. For more information please contact Jack Johnson at 638.5200 ext. 1 or Henry County Parks & Recreation at 634.4640.

Location: Smith River Sports Complex
Cost: Contact SRSC or HCPR

START SMART FOOTBALL

Start Smart Football is a parent-child participation program for children ages 5-7, who have little experience playing football and want to get ready for recreational leagues. This program teaches children and their parents the basics of the football without the threat of competition or the fear of getting hurt. This is an excellent way to prepare your child for organized football. Each participant receives 1 participation manual, 1 mini football, 4 cones and 1 jersey (all included in the class fee). For more information please contact HCPR at 634.4640. Registration deadline is January 20th or when class is full. Max of 10 participants.

Time/Days: Mondays, January 25th - February 22nd
6:00pm - 7:00pm
Location: Collinsville YMCA
Cost: \$35

HENRY COUNTY PARKS & RECREATION TRACK MEET

Henry County Parks & Recreation will host a Local Track & Field Meet for boys and girls ages 9-14 (age as of May 1, 2016). Children can participate in a variety of events including: the 50m dash, 100m dash, 200m dash, 400m dash, 800m dash, and softball throw.

Time/Days: Monday, May 9th • 5:30pm
Rain Date: Wednesday, May 11th
Location: Laurel Park Middle School
Cost: Free

GYMS

For anyone who is making New Year's resolutions and not sure of the gyms in the area, here is a list of gyms and addresses.

Gym 24	730 E Church St • Martinsville, VA
Crossfit 276	31 E Church St • Martinsville, VA
Planet Fitness	2720 Greensboro Rd • Martinsville, VA
Martinsville YMCA	3 Starling Ave • Martinsville, VA
Collinsville YMCA	395 John Redd Blvd • Collinsville, VA

MARTINSVILLE HALF MARATHON & 5K RACE

Join the Martinsville YMCA and Henry County Parks and Recreation for a Half Marathon, 5K and Half Marathon Relay Race starting at the Martinsville YMCA on Saturday, March 19th. Participants will run through uptown Martinsville and the Dick & Willie Rail Trail. All Half Marathon finishers will receive a finisher's medal, t-shirt and other great swag. 5K participants will receive a t-shirt. For more information or to register, visit www.milesinmartinsville.com.

Time/Days: Saturday, March 19, 2016
6:00 - 7:30am Check-in for Half Marathon
8:00am start of 5K/Half Marathon
Location: Martinsville YMCA
Cost: 5K and Relay - Early Bird \$25
\$30 after February 26 / \$35 Race Day
Half Marathon - Early Bird \$45
\$50 after February 26th / \$50 Race Day

BIKE MHC - FREE BICYCLE RENTALS

Borrow a bike, borrow a helmet and ride the picturesque Dick and Willie Passage. Check out a bike at the Doyle Street trailhead to ride this 4.5 mile trail meandering through Martinsville. Bikes are first come, first serve so plan to get there early! This event is sponsored by Henry County Parks and Recreation, Martinsville Parks and Recreation, Martinsville Family YMCA, and EDC's Tourism and Film Division. Contact the Martinsville YMCA at 632.6427 for more information.

Time/Days: Contact Martinsville YMCA for exact dates
Location: Dick & Willie Bike Barn
(Located at the Doyle Street Trail Head)
Cost: Free

95210 HEALTHY ZIP CODE

95210 is the healthy zip code for Martinsville and Henry County, VA and has been brought to you by the Southern Virginia Healthy Kids Coalition (SVHKK). 95210 is a new health message designed to be easy and fun for both children and adults. Each number represents one action that has been proven to help you live a healthier lifestyle if completed daily: 9 – hour of sleep (7-8 for adults); 5 – servings of fruits and vegetables; 2 – hours or less of recreational screen time; 1 – hour of physical activity; and 0 – Say no to sodas and drinks with added sugar. Please help us in supporting this health message throughout our community with your friends and family. Search the Martinsville-Henry County Coalition for Health and Wellness for more information concerning the Healthy Zip Code.



The Philpott Marina store, campground and fueling station is now open. The hours are 7:30am until dusk. You can contact the store directly at (276) 340-0485.

SPECIAL EVENTS AND ACTIVITIES

BOATERS SAFETY COURSE

The Virginia Department of Game and Inland Fisheries and Henry County Parks & Recreation are offering a Boater Safety Course. First time boaters are required to take the course. Pre-registration is required and must be done online at <http://www.dgif.virginia.gov>. It is a FREE class but space is limited to 30 participants. Dates and locations near Henry County are:

February 13	Philpott Lake Visitors Center 9:00am-3:00pm
March 19	Moneta Fire House 9:00am-5:00pm
April 16	Westlake Library 8:30am-5:00pm

GEOCACHING

Henry County Parks and Recreation has hidden five geocaches at our local parks. Geocaching uses Global Positioning to hide and find "caches" that have been placed there by others. Caches have different items in them that previous players have left for future players to find. Be sure to leave the cache where you found it, but feel free to take something inside and leave something else inside. Be sure to sign the log book to see when the last time someone found the cache. You can find these caches at your convenience and move at your pace, but be sure to take in some of the beauty that surrounds you at these parks. Use the coordinates below to find the caches at that park. You will need your own GPS system.

Jack Dalton Park	N36 44.643 W79 53.431
Gravelly Park	N36 36.625 W79 48.946
Philpott Marina	N36 46.740 W80 01.896
Lauren Mountain	N36 44.643 W80 00.300
Doe Run Park	N36 40.386 W79 53.339

NEW GEOCACHE: FIELDALE TRAILS

Walk, run, or ride your way along the trail and you will find this cache. Along with the cache, you will find a peaceful and calming scene along the Smith River. Leave the cache, sign the log, take something if you would like and leave something for the next person.

Coordinates: N 36° 41.419 W 79° 54.998

GROUP FISHING POLE LOANER PROGRAM

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Fishing Pole Loaner Program. Interested persons should call 634-4645 to reserve or learn more about the program. This program is free.

WALKING TRAILS

Come out and enjoy some of the walking/hiking trails that Henry County has to offer. Each location offers something different.

Dick & Willie Passage Rail Trail	Martinsville
Jack Dalton Park	Collinsville
Gravelly Nature Preserve	Ridgeway
Lauren Mountain Nature Preserve	Bassett
Doe Run Wildlife Trail	Martinsville
Fieldale Walking Trail	Fieldale

PITCH, HIT, & RUN

Scotts Major League Baseball Pitch Hit & Run (PHR) is a FREE, exciting skills event providing boys and girls the opportunity to compete in four levels of competition, including Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game.

Date/Time:	April 30th • 10:00am
Location:	Jordan Creek Park
Cost:	Free

DISABILITY RIGHTS & RESOURCE CENTER

Do you or a friend or family member have a disability? Are you interested in basketball, rugby, tennis, marathon running or any other recreational sport? Do you enjoy arts and crafts, theater, book discussions or card games? The DRRC wants to connect you with others who share your interests. If you have any type of disability and are interested in participating in any type of recreational activity, please contact Sto Belongia at 434.791.2006 or sbelongia@drrcva.org.

BASIC CAR MAINTENANCE

Join Henry County Parks and Recreation and Auto Tech for a crash course in basic car maintenance. Participants will learn how to check and change their oil, check spark plugs, rotate their tires, check car fluids, and more. Call Henry County Parks and Recreation at 634.4640 for more information or to learn how to register.

Date/Time:	Thursday, March 24th 6:00pm - 7:30pm
Location:	Auto Tech in Martinsville, VA
Cost:	\$5

SCAVENGER HUNT

Do you like riddles? Do you enjoy searching for clues to find the main objective? If you do, come out to Doe Run Park and take place in our Scavenger Hunt. We will give you a clue to get you started, then you will have to find the rest of the clues to find the treasure hidden somewhere in the park. This scavenger hunt is open to children of all ages.

Date/Time:	April 2nd • 10:00am
Location:	Doe Run Park
Cost:	\$5

MILES IN MARTINSVILLE

Welcome to Miles in Martinsville, a challenge series created to support outreach programs of the Martinsville-Henry County Family YMCA and Activate MHC. A few of the things supported by the series include the Bike Barn located on the Dick & Willie Passage, the Doctor's Orders program, and financial aid and scholarships for Y membership and child care.

March 19th	Martinsville Half Marathon, 5K & Relay
April 18th	Nail the Rail
May 14th	The Super Run 5K & 8K

TRIPS / SPORTS EVENTS

VALENTINES AT HILLBILLY HIDE-A-WAY

Join us on Saturday, February 13, 2016, as we travel to the Hillbilly Hide-A-Way in Walnut Cove, NC. You will feast on an all you can eat, all inclusive, family style meal. You will have an opportunity to enjoy a three hour music show of country, bluegrass and gospel music. Prior to the dinner and show, we will stop at Madison Mercantile. PRICE PER PERSON: \$69. Seats on the bus are assigned in the order that payment is received. PRICE INCLUDES: Roundtrip motorcoach transportation, a visit to Madison Mercantile, an all you can eat, all-inclusive family style meal at Hillbilly Hide-A-Way, a music show and a tour host.

TWO DAY CHERRY BLOSSOM TRAIN TO WASHINGTON D.C.

Join us on Saturday-Sunday, April 9-10, 2016, as we travel by bus and train to Washington, D.C.

DAY 1: We travel from Martinsville to Lynchburg by motorcoach where we board the Amtrak train for our scenic excursion. The train goes through Charlottesville, Culpepper, Manassas and Alexandria. You will cross the Potomac River by rail. We arrive at Union Station. You can enjoy lunch in the food court and shop. You can also go next door to Smithsonian's National Museum of the Postal Service. We will see the Cherry Blossoms as we make our way to visit various monuments and memorials.

DAY 2: Today we visit the National Mall where you will visit the Smithsonian Museums of your choice. PRICE PER PERSON: \$269 Double; \$264 Triple; \$259 Quad; and \$299 Single. Seats on the bus are assigned in the order that payment is received. PRICE INCLUDES: Roundtrip motor coach transportation, ticket on Amtrak train from Lynchburg to Washington, D.C., one nights lodging, visits to museums, memorials and monuments and a tour director.

ONE DAY CHERRY BLOSSOM TRAIN TO WASHINGTON D.C.

Join us on Saturday, April 16, 2016 as we travel to Washington, D.C., for the 104th Anniversary of the Cherry Blossoms. We will travel from Martinsville/Danville to Lynchburg by bus. We will board the Amtrak train in Lynchburg for our scenic excursion. The train will go through Charlottesville, Culpepper, Manassas, Alexandria and several small towns, communities and farms on its journey. You will cross the Potomac River by rail and see the Cherry Blossoms on the other side. We arrive at Union Station. You can enjoy lunch in the food court and shop. Next door to the train station is the National Museum of the Postal Service. You will have 2.5 hours to enjoy D.C. before you board the train back to Lynchburg. The bus will be waiting in Lynchburg to take you home. PRICE PER PERSON: \$139. Full amount is due when reservation is made. PRICE INCLUDES: Roundtrip motorcoach transportation from Martinsville/Danville to Lynchburg, roundtrip ticket on Amtrak from Lynchburg to Washington, D.C., and a tour host.

NATIONAL TRAIN DAY

Join us as we travel to historic train depots, on Saturday, May 14, 2016, as we celebrate National Train Day. We will visit historic train depots in Greensboro, High Point, Lexington, Thomasville, Spencer, Salisbury and Kannapolis, NC. We will see sights along the way, tour the North Carolina Music Hall of Fame and ride the Amtrak train from Kannapolis, NC to Greensboro, NC. In Greensboro, our bus awaits to bring us home. PRICE PER PERSON: \$99. Full payment is due when reservations are made. Seats on the bus are assigned in the order that payment is received. PRICE INCLUDES: Roundtrip motor coach transportation, train ticket to ride the Piedmont train, visits to area attractions and a tour host.

MEMORIAL DAY IN NEW YORK CITY

Join us as we travel to New York City, Memorial Day weekend, Saturday-Monday, May 28-30, 2016.

DAY 1: We will visit Central Park and Times Square.

DAY 2: We visit the Empire State Building Observatory to see the city from a magnificent viewpoint. We will visit Rockefeller Plaza. You can visit Saint Patrick's Cathedral, the NBC Store and see Radio City Music Hall. We visit Grand Central Terminal, 911 Memorial and China Town.

DAY 3: We will take the ferry over to see Ellis Island and the Statue of Liberty (we will not be climbing up the statue though). PRICE PER PERSON: \$399 Double; \$389 Triple; \$379 Quad; \$499 Single. Full payment is due when reservations are made. Seats on the bus are assigned in the order that payment is received. PRICE INCLUDES: Roundtrip motor coach transportation, Hardee's biscuit and juice upon departure, 2 nights lodging (in New Jersey), 2 breakfasts at hotel, admission to Empire State Building Observatory, ferry ticket to cruise to the Statue of Liberty, transportation in NYC, visits to above attractions and a tour host.

SPECIAL EVENTS & ACTIVITIES

VALENTINES FOR VETS

Remember our veterans with a special valentine card. Be creative and brighten a United States veteran's day. Cards that are turned in to Henry County Parks and Recreation will be delivered to the US Veterans Hospital in Salem, VA in time for Valentines Day. Contact Henry County Parks and Recreation for more information. There is no cost.

Date/Time: Deadline for cards - Friday, February 5th

Location: Henry County Parks and Recreation

VALENTINE'S DAY CRAFT

Join Henry County Parks and Recreation for a Valentine's Day themed craft class. Participants will create a Valentine's Day card for that special someone. Children must be pre-registered for each class. Class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information. Cost is \$5.

Date/Time: Wednesday, February 3rd, 3:00pm - 4:00pm

Location: Henry County Administration Building

PIEDMONT KITE FESTIVAL

Come out to Jack Dalton Park to play games, fly kites, and see amazing demonstrations that would not be possible without wind! Local vendors and entities will be on hand for fun activities and food. Door prizes, kites and other fun things will be given out! Contact 634.4640 for registration information. Cost is Free.

Date/Time: Saturday, March 19th • 10:00am

Location: Jack Dalton Park

EASTER EGG HUNT

Children ages PK4 to Second Grade will search for over 6,000 prize filled eggs at Jack Dalton Park on Kings Mountain Road. Special door prizes will be awarded and egg hunting bags will be furnished to each participant. Pre-registration deadline is Tuesday, March 22nd. Show up a little early to get good parking. This event is sponsored by Henry County Parks and Recreation, Virginia Cooperative Extension Office and Martinsville Parks and Recreation. Contact 634.4640 for registration information. Cost: free.

Date/Time: Friday, March 25th • 3:00pm

Location: Jack Dalton Park

SHORT SPORTS

Short Sports is a program geared towards 3-6 year old children who want to start learning the basic motor skills to basketball, baseball, soccer, golf, tennis and football. This class will meet on five straight Mondays from 5:45pm - 6:30pm. Each week a different sport will be taught. This is a great program to introduce your child to a variety of sports and also prepare your child for organized sports. Parents must be present and will be working with their children on assigned tasks. These classes are sponsored by Henry County Parks & Recreation and Martinsville Parks & Recreation. Cost: \$10.

Date/Time: Mondays, February 29th - March 28th • 6:00pm - 6:45pm

Location: Collinsville YMCA

SUMMER MOVIES IN THE PARK

Join us this summer for our 7th year of Movies in the Park. We will show a blockbuster movie at Jack Dalton Park one Friday night a month in June, July, and August.



CLUBS

SMITH RIVER VALLEY CANOE CLUB

Club meets to promote the year round sport of canoeing/kayaking. The club meetings consist of information on equipment, skills, and river destinations. Rolling sessions are held weekly. Contact BR Bryant at 638.4306 or email creek1r@comcast.net. Like them on Facebook to find out more.

PATRICK HENRY PATRIOT RC CLUB

Radio Control Model Aviators meet monthly to promote and encourage the Radio Control Model Aviation hobby. During warm months, the club meets at PATRIOTS R/C FIELD located just beyond the Convenience Center on Jack Dalton Road. New members are always welcome! Visit the patriot website: www.patriotrc.org. Call Jeff Pulliam at 734.6740 to find out more information.

HENRY COUNTY PHOTOGRAPHY CLUB

Local photographers from novice to professional meet monthly for open discussion about photography. Membership is free. Please bring your camera and/or photographs to share with the group. You can find more information on our Facebook page <http://www.facebook.com/hcproamphoto> or email henrycountypphoto@gmail.com.

BIKE CLUB

Our bike club is open to participants of all ages and skill levels. Weekly rides and monthly meetings vary, see website at <http://henrycountybikeclub.com> for more details or contact HCPR offices at 634.4645. Like them on Facebook to find out more.

BLUE RIDGE SKI AND OUTING CLUB

The BRSOC meets monthly to promote getting active outside. Members enjoy a wide variety of activities together including hiking, canoeing, kayaking, biking, traveling, wake boarding, picnicking, bowling, snow skiing, and snowboarding. Call Bren Burke, Public Relations Director at (434) 251.8984 for information or visit the website at www.BRSOC.org.

NEW PROGRAMS

Is there a program, class, trip, etc. that you would like to see us offer? Are you an expertise in a certain area and want to teach a program, class, event, etc.? Is there a program we currently have that you have an idea to make it better. Please send any suggestions or comments to Daniel Reynolds at dreynolds@co.henry.va.us or 634.4645.

SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to elderly, transportation disadvantaged and disabled. Contributions are appreciated. For a ride, call 634.4644.

Regular Transportation Schedule
Monday & Tuesday – Senior Nutrition Sites
Monday – Thursday - Demand Response

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

Time/Days:	Mondays, 11:00am – 1:00pm
Location:	Moral Hill Missionary Baptist Church in the fellowship hall 50 Moral Hill Drive, Axton, VA
Cost:	Suggested donation
Time/Days:	Tuesdays, 11:00am – 1:00pm
Location:	EMI Building 3289 Riverside Drive, Bassett, VA
Cost:	Suggested donation

"SENIOR LINK"

This quarterly publication contains the most recent up-to-date information regarding activities and programs available to seniors in the Henry County area. To be placed on the mailing list, call Lois at 634.4644.

BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. This program is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

Time/Days:	4th Tuesday of each month, 8:30am
Location:	January 26
February 23	Skip's Restaurant 900 Starling Avenue, Martinsville, VA
March 22	Clarence's Steak & Seafood 6636 Greensboro Road, Ridgeway, VA
April 26	Sirlon House 530 Commonwealth Blvd. Martinsville, VA
Cost:	Fieldale Café 63 Marshall Way, Fieldale, VA
	Individual is responsible for cost of breakfast

WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. This 4.5 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Mulberry Creek. We plan to walk on Mondays and Wednesdays, weather permitting, to introduce you to different sections of the trail. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days:	Mondays & Wednesdays 9:15am weather permitting
Location:	Liberty Street Trailhead of the Dick & Willie Passage
Cost:	Free

CROCHET GROUP

Henry County Parks & Recreation will sponsor a crochet group for any interested senior adults 50 years of age and older (beginner or experienced). The group meets on Thursday morning of each week starting at 10:00 am. The group enjoys crocheting together on projects of their choice. For additional information please call 634.4644.

Time/Days:	Ongoing - Thursdays of each week
Location:	The group crochets from 10:00am-12noon Collinsville Branch Library 2540 Virginia Avenue, Collinsville
Cost:	Free/Participant will need to bring their own crochet supplies

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

Time/Days:	3rd Tuesday of each month • 1:00pm
Location:	January 19
February 16	Serendipity Coffee House & Bistro 10 East Church Street Martinsville, VA
March 15	Captain Tom's Seafood 2615 Greensboro Road Martinsville, VA
April 19	Clarence's Steak & Seafood 6636 Greensboro Road Ridgeway, VA
	Skip's Restaurant 900 Starling Avenue Martinsville, VA
Cost:	Individual is responsible for cost of lunch

SENIOR WINTER/SPRING BOWLING LEAGUE

The Senior Winter/Spring Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 634.4644. Registration ends when teams are filled.

Time/Days:	Wednesdays • 9:15am Beginning January 6, 2016 Practice begins at 9:05am
Location:	Sportlanes, 10 Koehler Rd. , Martinsville, VA
Cost:	\$5.00 league participation fee. You must complete an activity registration form to participate in the league. The fee to bowl in this league is \$5.00 per week which includes bowling ball and shoes. You will be required to pay the bowling fee each week when you bowl, the fee for pre-bowling the following week after your absence and if you are absent and did not pre-bowl, you must pay the bowling fee prior to you bowling again.

CAPTAIN'S CHOICE GOLF TOURNAMENT AT HERITAGE GOLF CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for those individuals fifty years of age & older at Heritage Golf Club. Trophies will be awarded and refreshments will be served. **Pre-registration is required.** For additional information and to request a registration form, please call 634.4643.

Time/Days:	Monday, April 18, 2016 • 9:00am
Location:	Heritage Golf Club
Cost:	\$15 Members, \$20 Non Members

LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors.

Time/Days:	Tuesdays at 10:00am starting January 5, 2016
Location:	Teresa's School of Baton and Dance 50 Coffman Drive, Collinsville, VA
Cost:	Weekly or monthly fee

LUNCH CLUB

The Lunch Club is open to all adults age 50 and above. Join us for lunch at Hugo's in Uptown Martinsville. Come out to fellowship and make some new friends while dining in a casual atmosphere at a valued price. Hugo's offers a \$3.99 special for seniors on Wednesday.

Time/Days:	1st Wednesday of each month • 1:00pm
Location:	Hugo's 10 East Church Street, Martinsville, VA
Cost:	Individual is responsible for cost of lunch

MOVIE DAY

Henry County Parks & Recreation plans to offer afternoon outings for seniors to see movies currently at the theatre. The movies that play in our area may change from week to week and that change generally occurs on Fridays. We will announce the movie we plan to attend on or before the Friday before the week we plan to go. Give us a call at 634.4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to email the information to you. Hope you make plans to join us.

Time/Days:	To be determined
Location:	Varies
Cost:	To be announced

HEALTH CARE SCREENINGS AND INFORMATION

Martinsville Urgent Care will be available every 4th Thursday of each month to provide free health screenings to individuals 50 years of age & older. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Blue Ridge Village will be available to discuss alternative health care needs and Mountain Valley Hospice & Palliative Care will conduct an individual oxygen saturation test. You may want to call the office the day before the screening to confirm that the provider you are interested in will be on-site. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Days:	January 28, February 25, March 24, April 28, 9:00am - 11:00am
Location:	Henry County Administration Bldg. Lobby
Cost:	Free

FIRST FRIDAYS AT THE LANES

Sportlanes is the place to be on the first Friday of each month. Join us for First Fridays at the Lanes. Sportlanes in conjunction with the Henry County Parks & Recreation will sponsor a Senior Social with each game of bowling costing only \$1.00 with coffee and refreshments provided free. Come on out and socialize, bowl and just have a good time.

Time/Days:	Fridays, February 5, March 4 and April 1 9:00am - 11:00am
Location:	Sportlanes 10 Koehler Road, Martinsville, VA
Cost:	Free

ANDROID SMART PHONE CLASS - TECHNOLOGY ON THE MOVE

Do you have an Android phone? Are you familiar with Facebook, Twitter and Instagram? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use an Android Smartphone. Please be sure to bring your device to class with you. Questions regarding this device are welcome. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days:	Monday, March 7 9:30am - 12noon
Location:	Henry County Administration Building (Summerlin Board Room) 3300 Kings Mountain Road, Martinsville, VA
Cost:	Free

ANDROID TABLET CLASS - TECHNOLOGY ON THE MOVE

Do you have an Android Tablet? Are you familiar with Facebook, Twitter and Instagram? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use an Android Tablet. Please be sure to bring your device to class with you. Questions regarding this device are welcome. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days:	Monday, March 14 9:30am - 12noon
Location:	Henry County Administration Building (Summerlin Board Room) 3300 Kings Mountain Road, Martinsville, VA
Cost:	Free

50 PLUS CLUB

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach individuals fifty years of age and older the fundamentals of bowling. Learn the basics of bowling in just a few short weeks. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early. Don Kendrick will instruct the class.

Time/Days: Tuesday of each week for five weeks
Beginning February 2nd 1:00pm - 2:00pm
Class cancelled February 22nd

Location: Sportlanes
10 Koehler Road, Martinsville, VA

Cost: \$20 for five weeks

ART OF THE MONTH

Join us for our Art of the Month class. Karen Eggleston, QVC artist, will instruct a class at the Collinsville Branch Library and Ridgeway Branch Library each month. This unique craft also makes a great gift! Space is limited so pre-register early.

Time/Days: Classes are from 3pm-5pm except in April where there will be an additional class from 6pm - 8pm. Classes are on Mondays at the Collinsville Branch Library and Tuesdays at the Ridgeway Branch Library.

January 25, 26 "Snowman Bottle Gourd"
We will make a snowman using a 9" bottle gourd and molding. Cost: \$24.

February 22, 23 "Color Pencil Design"
We will do a color pencil design on a 5x7 suede mat. Cost: \$18.

March 21, 22 "Decorative Glass Block with Birds"
Paint and decorate a glass block adding birds. Cost: \$19.

April 18, 26 "Paint a Lighthouse On a Wine Bottle"
Paint a lighthouse on a wine bottle and add lights. Cost: \$16.

Location: Collinsville Branch Library
2540 Virginia Ave., Collinsville, VA
and
Ridgeway Branch Library
900 Vista View Ln., Ridgeway, VA

SENIOR MENS SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for men fifty years of age and older. Information will be provided on gun safety and you will have an opportunity to shoot at the range. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration is required. For additional information or to pre-register, please call 634.4644 no later than March 17, 2016. Space is limited to twelve participants so please call early.

Time/Days: Tuesday, April 12, 2016 • 1:00pm
Rain date April 14, 2016

Location: Henry County Sheriff's Office Conference room and shooting range. Shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.

Cost: \$45 (Check made payable to Henry County Sheriff's Office)

BOOK BINGO

Henry County Parks & Recreation and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 634.4644.

Time/Days: January 26, February 23, March 22, April 26
1:30pm - 3:00pm

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

Cost: Free/Donations of books accepted at the Collinsville Branch Library or HCP&R

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 634.4644. (To ensure no one goes away without playing, please plan ahead to have four people play at your table.)

Time/Days: 2nd & 4th Thursdays of each month
12:30pm

Location: Henry County Admin. Bldg. Rm #1

Cost: Donation

BEGINNING COMPUTER CLASS

It is never too late to learn the basics of using a computer. The Collinsville Branch Library, in conjunction with Henry County Parks & Recreation, will sponsor a Beginning Computer Class for seniors on Wednesdays starting March 16th for six weeks. The class will start at 5:00 pm and last about an hour. This introductory class is basic instruction on how to use a computer and designed for those seniors who are not familiar with how to use a computer. You must pre-register as space is limited to eleven participants. Since the class will be held after the library closes, we ask that you arrive before 5:00 pm.

Time/Days: Wednesdays, starting March 16th
for 6 weeks • 5:00pm

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

Cost: Free

GOLDEN 276 CROSSFIT

Start your morning off with a senior exercise class two days a week at CrossFit 276. CrossFit 276 will be offering a senior exercise class that can help you with flexibility, strength, and cardio in a great social atmosphere. The workouts are scalable and adaptable to each client's physical ability. Please call Henry County Parks & Recreation at 634.4644 or CrossFit at 632.3276 if you are interested in the class, need additional information or would like to register. You may also direct questions about CrossFit at CrossFit276@gmail.com.

Time/Days: Mondays & Thursdays at 10:00am

Location: CrossFit 276
31 East Church, Martinsville, VA

Cost: \$3 per class

FACEBOOK CLASS

Come join us at the Collinsville Branch Library for 4 weekly meetings that will show you the basics of Facebook. Learn how to create your account, post updates and photos, find friends, and more. Please bring your own computer for hands on activities each week.

Time/Days: Thursdays starting February 18th
for four weeks • 2:00pm - 4:00pm

Location: Collinsville Branch Library Meeting Room
2540 Virginia Ave., Collinsville, VA

Cost: Free

YOGA

A Yoga class is a great way to start your morning. Join us for a Yoga class designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 634.4644. Space is limited for this free class so please sign up early.

Time/Days: Tuesday of each week
11:00am

Location: Stanleytown United Methodist Church
in the Fellowship Hall
24 Maplewood Avenue, Stanleytown, VA

Cost: Free / Donations Appreciated

AARP DRIVER SAFETY PROGRAM

Henry County Parks & Recreation in conjunction with the AARP Driver Safety Program will sponsor an eight hour classroom refresher course on driver safety. The class will be taught over a two day period, and it is specifically designed for driver's 50 years of age and older. There should be an auto insurance discount for participating in this course; however, you will need to consult your individual insurance agent or company regarding the discount. Register early by calling 634.4644 as space is limited.

Time/Days: Monday & Tuesday, March 7 & 8
10:00am - 2:00pm

Location: Henry County Administration Bldg. Rm #2
3300 Kings Mountain Rd., Martinsville, VA

Cost: \$15 for AARP members,
\$20 for non AARP members

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:

Time/Days: January 19, February 16, March 15 and
April 19 from 12:30pm to 1:00pm

Location: Room # 1 of the
Henry County Admin. Bldg.

Cost: Free

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING

Time/Days: January 12, February 9, March 8 and
April 12 from 8:00am to 9:00am

Location: Room # 1 of the
Henry County Admin. Bldg.

Cost: Free

DROP-IN ACTIVITIES

Bingo 1st & 3rd Tuesday of each month
1:00 p.m.

Book Bingo 4th Tuesday of each month
1:30pm

Bridge 2nd & 4th Thursday of each month
12:30 p.m.
(Please have four people to play at your table.)

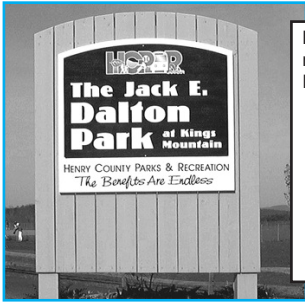
Walking Club Mondays & Wednesdays
(Call office for start date and time)

Activities are held at the Henry County Administration Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off Kings Mountain Road. Book Bingo is held at Collinsville Branch Library.

UPCOMING TRAVEL NEWS

Spring trip details should be available around the 1st of March.
Please call the office at 634.4644 for additional information.

THERE'S SOMETHING FOR EVERYONE AT A PARK



Located in Collinsville behind the Henry County Administration Building on Jack Dalton Road.
Facilities include:

- Lighted, Paved Walking Trail
- Beach Volleyball Court
- Picnic Shelter
- Restrooms
- Two Baseball / Softball Fields
- Open Space
- Playground
- Cooking Grills

Located in Collinsville on Parkwood Court.
Facilities include:

- 4 Lighted Tennis Courts
- Two Picnic Shelters
- Hiking Trail
- Cooking Grills
- Playgrounds
- Restrooms
- Open Space
- Wooded Areas



Located in Ridgeway on Leisure Trail.
Facilities include:

- Playground
- Two Picnic Shelters
- Open Space
- Wooded Areas
- Two Baseball / Softball Fields
- Restrooms
- Cooking Grills

Located in Fieldale on Creekside Drive.
Facilities include:

- 2 Lighted Baseball / Softball Fields
- Open Space
- Picnic Shelter
- Playground
- Restrooms
- Cooking Grills



Located in Martinsville on DuPont Road.
Facilities include:

- Hiking Trails
- Picnic Areas
- Cooking Grills
- Wooded Areas
- Creeks and Streams

Located in Fieldale on Field Avenue.
Facilities include:

- Baseball / Softball Field
- Picnic Shelter
- Cooking Grills
- Restrooms
- Open Space
- Playground



Henry County Parks and Recreation operates and maintains seven parks and nineteen other recreational facilities with a total of 435 acres in the county. All of our parks have recently been renovated and offer a variety of recreation opportunities. The parks, their locations and amenities are described herein.

If your family, church or company is planning a special event, the Henry County Parks and Recreation Shelters located at our parks make great locations for gatherings. With all of the amenities we provide, we are sure you will find a park and location that is suitable for your event. Reservations may be made six months to the day in advance in our office. Reservations may also be made online. Please contact our office for a username and online password.

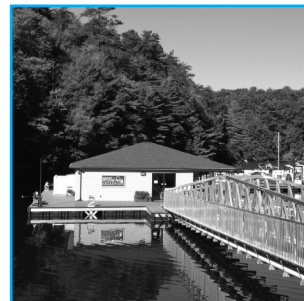
Rates for the shelters are:

LARGE SHELTERS

.....Full Day - \$30.00

SMALL SHELTERS

.....Full Day - \$20.00

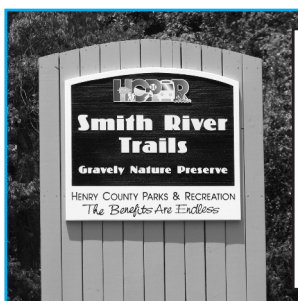
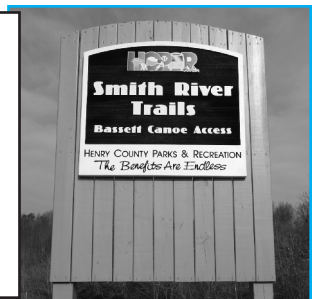


Philpott Marina is located on Philpott Lake in Bassett, VA
Facilities include:

- A 42 slip marina
- Fuel
- Store with concessions and fishing supplies
- Restrooms
- Group campground

The Smith River Trails include:

- Bassett River Access
- The Great Road River Access
- Fieldale River Access
- Doe Run River Access
- South Martinsville River Access
- Sports Complex River Access
- Marrowbone River Access
- Mitchell Bridge River Access
- Fieldale Walking Trail
- Dick and Willie Rail Trail



Located in Ridgeway on Eggleston Falls Road.
Facilities include:

- Hiking Trails
- Picnic Shelter
- Cooking Grills
- Wooded Areas
- Restrooms

YOUTH ATHLETICS

MACHINE PITCH LEAGUE

League play is offered for boys and girls ages 7-8 as of April 30, 2016

Teams are based at each elementary school.

Registration Deadline:
March 18, 2016

Practice & Game Dates:
April through June

BOYS BASEBALL

League play is offered for boys ages 9-14 as of April 30, 2016

Teams are based at each elementary and middle schools.

Registration Deadline:
March 18, 2016

Practice & Game Dates:
April through mid July

GIRLS SOFTBALL

League play is offered for girls ages 9-14 as of April 30, 2016

Teams are based at each elementary and middle schools.

Registration Deadline:
March 18, 2016

Practice & Game Dates:
April through mid July

Our department has a weather hotline number that parents and coaches can call on days when it has been raining to find out if games are still being played. Call after 4:00pm on weekdays and 9:00am on Saturdays. **634.4636**

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VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL MENTION

We would like to thank the following coaches for taking time to be a volunteer youth sports coach. The time spent and your commitment are valuable to thousands of Henry County children and is appreciated by the Henry County Parks & Recreation Staff.

FLAG FOOTBALL

Heather Harding
Matt Anthony

Chad Turner
Brian Burgess

Brian Mays

Brack Scales

GIRLS BASKETBALL

Fred Akers
Travis Preston
Mark Tilley
Alexay Hairston

Chris Hagwood
John Eames
Ponjolia Starkie
Derrick Hairston

Celena Hairston
Sheranda Millner
Melissa Foley

Broderick Adams
Charlie Holland
Philip George

TACKLE FOOTBALL

Thomas Gentry
Neil Easley

Larry Barrett
Wayne Perkins

Joe Haynes
Chris Martin

Ray Preston
Jonathan Nowlin

FOOTBALL SPIRIT SQUAD

Tabatha Bancroft

Wendy Lynskey

Christie Hutchinson